

Sweet and Sour Chicken Recipe That's Better Than Takeout

4 boneless skinless chicken breasts, cut into 1-inch pieces



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INGREDIENTS

4 boneless skinless chicken breasts, cut into 1-inch pieces
1 cup cornstarch
2 large eggs
1/4 cup vegetable oil
Salt and pepper, to taste
For the Sauce:
1/2 cup granulated sugar
1/4 cup ketchup
1/2 cup apple cider vinegar
2 tablespoons soy sauce
1 teaspoon garlic powder
1/2 teaspoon sea salt

DIRECTIONS

1. Preheat your oven to 325 degrees : Fahrenheit and line a 13 x 9-inch baking dish with parchment paper.
2. Season the chicken pieces with salt and pepper.
3. Place the cornstarch in a large zip-top bag, then add the chicken pieces and shake until they are well coated.
4. In a shallow bowl, beat the eggs.
5. Heat the vegetable oil in a large skillet over medium-high heat until hot.
6. Dip the cornstarch-coated chicken pieces into the beaten eggs.
7. Add the chicken to the skillet and sear until golden on the outside.
8. Transfer the seared chicken to the prepared baking dish.
9. In a medium bowl, whisk together the sugar, ketchup, apple cider vinegar, soy sauce, garlic powder, and sea salt.
10. Pour the sauce evenly over the chicken.
11. Bake for 1 hour, tossing the chicken halfway through so every piece gets coated and glossy.
12. Serve hot over rice.

SWAPS & NOTES

Chicken thighs can be used instead of chicken breasts for an even juicier result.

Cornstarch helps create that signature light coating, so it is worth sticking with here instead of flour.

Apple cider vinegar gives the sauce its tangy bite, but white vinegar can work in a pinch.

If you like a slightly less sweet sauce, you can reduce the sugar a bit to suit your taste.

TIPS FOR SUCCESS

One of the most important steps in this recipe is getting a good golden sear on the chicken before it goes into the oven.

That quick skillet step helps create the texture that makes sweet and sour chicken so satisfying.

The chicken does not need to be fully cooked through at this stage, just nicely browned on the outside.

It also helps to toss the chicken halfway through baking, just as the recipe suggests.

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